

Virgin Piña Colada Recipe

Ingredients:

- 1 cup pineapple juice
- 1 cup coconut milk (unsweetened)
- 1/2 cup coconut water
- 1 tbsp lime juice
- 1/2 cup crushed ice
- Pineapple slice and maraschino cherry for garnish (optional)

Instructions:

1. **Combine Ingredients:** In a blender, add the pineapple juice, coconut milk, coconut water, lime juice, and crushed ice.
2. **Blend:** Blend on high speed until smooth and creamy.
3. **Serve:** Pour into a chilled glass.
4. **Garnish:** Garnish with a pineapple slice and a maraschino cherry if desired.
5. **Enjoy:** Serve immediately for the best flavor and texture.

Nutritional Breakdown (per serving):

- **Calories:** 145 kcal
- **Carbohydrates:** 27 g
- **Sugar:** 23 g
- **Fat:** 5 g
- **Saturated Fat:** 4.5 g
- **Protein:** 1 g
- **Sodium:** 37 mg
- **Fiber:** 1 g